



HOT, HOT, HOT TO TROT

The Tucson Challenge

Summer 2004

Physical Activity Program

Get movin' this summer!

Get Fit and Stay Fit! Explore Tucson!

Who, What, When and Where?

- ✓ Who? YOU!! and your friends, family, neighbors, pets...
- ✓ What? A summer physical activity project brought to you by your lovely Tucson Challenge team
- ✓ When? KICKOFF EVENT Tuesday, July 20th, 6:00–7:30 p.m.
- ✓ Where?

KICKOFF EVENT – University Medical Center (UMC), Duval Auditorium

UMC is located north of Speedway on Campbell Ave.

Free parking in the UMC parking garage for Hot to Trot participants

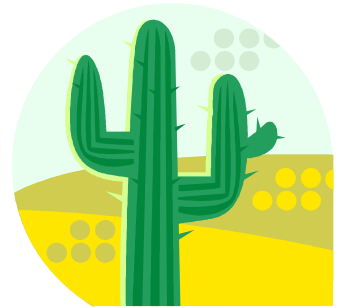
The first 100 to register at the Kickoff Event will receive a free gift!

What is HOT TO TROT TUCSON?

- ❖ A six-week walking program
- ❖ Walking routes and paths ALL OVER Tucson
- ❖ Track your daily steps or daily minutes of activity
- ❖ Get caught *trotting* each week



For more information, please call Hana Abdulaziz, 626-3767



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